



Congressman Jim McDermott



7th Congressional District ★ Washington

Working for You

I work for you, the people of the 7th Congressional District, and I encourage you to send your thoughts and opinions to help guide me in the other Washington. I also invite you to sign up for our electronic newsletter. You'll receive periodic e-mails with issue updates, statements, and 7th District meeting notices.

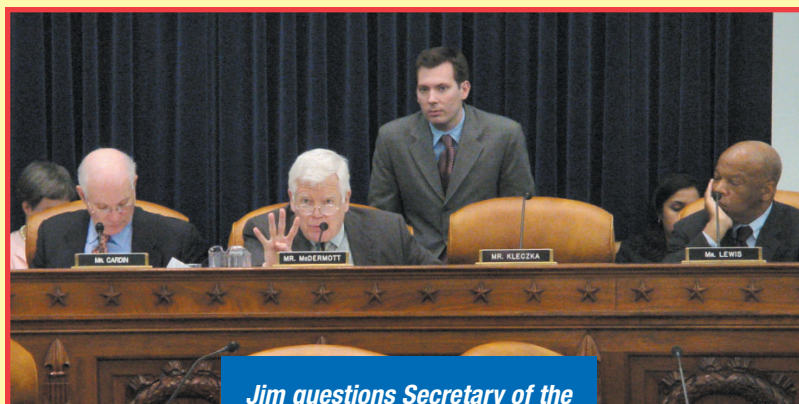
There are two ways to subscribe. You can sign up on the congressional site: **www.house.gov/mcdermott** – click on the "Newsletter" link. Or you can visit my Seattle or Washington, D.C. offices. We will never share your address or information, and you can be removed from the list at any time you wish.

On the congressional site, you also can sign up for RSS alerts. RSS is a simple way to get notices directly on the computer desktop alerting you to news or speeches.

New Leadership Roles in the 109th Congress

Jim was named Ranking Democrat on the Human Resources Subcommittee of the Ways and Means Committee. Fighting for America's most vulnerable, Jim introduced new Welfare reform legislation to strengthen families, provide economic opportunity and protect children.

Jim also gained an important seat on the Ways and Means Trade Subcommittee, putting him in an even stronger position to monitor and influence legislation that affects Washington State's trade dependent economy.



Jim questions Secretary of the Treasury Snow at a hearing.

Food for Thought

I cannot think of a single day in my 16+ years in the United States House of Representatives when I have not drawn upon the teachings and writings of Mohandas Gandhi to help guide me. I'm particularly inspired by these two Gandhi quotes:

*"You must be the change you wish to see in the world."
"An eye for eye only ends up making the whole world blind."*

Northwest Electrical Rates

The President's proposed budget contains a shock for electric ratepayers in the Pacific Northwest. The President calls for the Bonneville Power Administration to phase out its long-standing wholesale power pricing structure. That will mean a \$100 million shock to Seattle City Light and the end of the region's affordable energy. It will hurt consumers; it will hurt businesses. It's going to take the entire Northwest Congressional Delegation – Democrat and Republican – working together to prevent this misguided missile from hitting and harming our economy.

Jim's Legislative Priorities for 2005

Jim continues to work closely with other members of Washington's delegation to obtain money to replace the Alaskan Way Viaduct. By getting the Viaduct designated a "Mega Project" in the new National Highway Bill, it will be possible to seek major federal funding for this critically needed public works project.

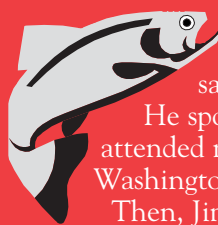
- ◆ Alaskan Way Viaduct funding;
- ◆ Social Security protection and improvement;
- ◆ Veterans benefits preservation and expansion;
- ◆ Affordable health care coverage for all Americans;
- ◆ A real plan to bring U.S. soldiers safely home from Iraq;
- ◆ Adequate funds to assure Seattle's port and transportation;
- ◆ Economic security and opportunity – Keep America Working Act;
- ◆ Salmon protection and restoration;
- ◆ Stable, affordable BPA Rates;
- ◆ Social services that enhance dignity and justice for all;
- ◆ Section 8 Housing assurance;
- ◆ Pell Grant restoration and adequate education funding;
- ◆ Development of renewable energy resources to overcome America's addiction to oil;
- ◆ Duwamish Tribe federal recognition;
- ◆ International trade policies that strengthen our economy while advancing environmental and fair labor standards;
- ◆ A global effort to stop the killing and forced displacement in Sudan;
- ◆ Continued efforts and funds to fight the AIDS pandemic in Africa and elsewhere.

This list could be ten times as long, and still not cover everything of great concern to 7th District constituents. Think of it as a guide to Jim's activities in the Congress on your behalf.



Congressman McDermott speaks at a Capitol Hill news conference about jobs.

Salmon



Jim remains a fervent advocate for realistic salmon restoration policies.

He spoke out during a widely attended news conference in Washington, D.C.

Then, Jim, Representative Frank Pallone (D-NJ) and Representative Sam Farr (D-CA) authored a letter to the Bush Administration signed by over 70 Members of Congress that protests inadequate Administration policies on salmon restoration:

"We write to you with a sense of dismay that your direction on recent policies and decisions regarding wild Pacific salmon will not restore self-sustaining and harvestable populations of this regional icon and national treasure. These developments also threaten the families, cultures, businesses, and communities of the Pacific states that depend on salmon for their livelihood."



Jim uses a can of salmon at a news conference to make a point about Administration policy to save salmon.

Fighting for You — Jim Speaks Out

Discovery Park

"Discovery Park- all of it- belongs to the people of Seattle and we should never fear that one day a "Private Property – No Trespassing" sign will be posted. I won't let that happen."

Immigration

"Even in time of national emergency, we cannot forget our responsibility to protect the rights of all citizens, regardless of ethnic background. In Seattle, several organizations including Hate Free Zone, The American Civil Liberties

Union, and Northwest Immigrant Rights Project, are working with my staff to help some of our most vulnerable constituents."

Jim will re-introduce HR 1200 – Affordable Health Care for All Americans

"Everyone in America today is either struggling with health care or knows someone who is.

America needs an affordable, accessible health care system that is designed, built and financed by Americans. We can create a universal health care system that is of, by and for the people."

Appropriation Highlights From the 108th Congress

Here is a partial list of federal funds appropriated for 7th District projects in 2004:

\$1.27 million for Alaskan Way Viaduct and Seawall design.
\$72,750 to renovate the Greenbridge Community Center for teen recreation and after-school programs.
\$1.5 million to acquire and preserve about 300 acres of rural, coastal land on Maury Island.
\$300,000 to support the Seattle Indian Health Board and its Family Medicine Residency Program.
\$1.5 million to construct the University of Washington's Life Sciences II building.
\$72,750 for Asian Counseling and Referral Service to develop a new building.
\$5 million for King County Metro to acquire and operate its clean air bus fleet.
\$1.25 million for Duwamish/Green River ecosystem restoration.
\$450,000 for the Lake Washington Ship Canal.
\$525,000 for the Puget Sound Near-shore restoration project.
\$500,000 for the Puget Sound Adjacent Waters program.
\$150,000 for rehabilitation of the Seahurst Park Seawall.

In addition, McDermott played a key role in obtaining funding for these regional projects:

\$80 million for Sound Transit.
\$1 million to improve the future site of the Seattle Art Museum's new Sculpture Park.
\$1 million for Phase 2 of the SR 519 Intermodal Access project.
\$1.5 million for improvements at the SR 518/509 interchange.
\$1 million for the South Lake Union Streetcar system.
\$1 million for SR 520.
\$2 million for a Park and Ride facility on First Hill for Swedish Hospital patients and employees.
\$1 million for expansion of the Southcenter Parkway.
\$500,000 for the Interurban Trail.
\$200,000 for the City of Burien to develop a Senior Center.
\$500,000 for renovating the Cooper School in Delridge into low-income work/living studios.
\$250,000 for Highline Community College to build a Marine and Science Technology Center.

Distinguished Citizens

Jim is a strong advocate of strengthening Medicare and providing our distinguished citizens with realistic coverage for their medication expenses. Jim thinks the Prescription Drug Bill signed into law last year by the President is the wrong prescription; its ever-increasing price tag confirms the program's poor design. Incredibly, this new law actually forbids the federal government from negotiating lower prices for prescription medicine—and "that unfairly benefits drug companies more than seniors," Jim said.



Jim visits distinguished seniors at Fred Lind Manor in Seattle to listen to their concerns about prescription drug prices.



Jim met with representatives of women's organizations to discuss efforts to preserve a woman's right to choose.

Social Security

We can solve the long-term shortfall facing Social Security without creating Social Insecurity. The partial privatization plan put forth by the President imposes an enormous burden of debt upon generations to follow. Data prepared by the non-partisan Congressional Budget Office proves we have time to make carefully considered, not drastic, changes in the Social Security program and that's exactly what we should do.

"Strengthening Social Security is the right thing to do. The President's plan is the worst thing to do."

Veterans' Health

As WA National Guard and Military Reservists rotate home from current deployments in Iraq and Afghanistan, many may wish to know of the several programs available to assist with immediate as well as long term concerns. I will host a community gathering to inform the general public of programs and resources available to assist returning veterans as they once again become our neighbors, coworkers, friends, and family members.



Darfur—I've seen a lot during the course of my Congressional service, but nothing prepared me for what I experienced in the Darfur Region of Sudan recently. Rep. Ed Royce, Republican from California, asked me to join a Congressional Delegation to the region.

Jim talks to refugees in a camp near the Sudan border about the situation in Darfur.

Over 70,000 people have been killed and two million people have fled their homes in this conflict.

Save the Date

**Coming Home From a Different Kind of War:
An Informational Town Hall**

April 30, 2005

10:00 – 11:30 am

**Jefferson Park Community Center
3801 Beacon Avenue South, Seattle**

Spring 2005 Community Meetings

Everyone is welcome. Accommodations will be made for persons with disabilities. To request sign language interpretation for a meeting, please notify my District Office 10 days in advance.



Jim meets the Punk Rock band Anti-Flag regarding their nationwide efforts regarding voter education. On the House floor, Jim commended the group, calling them, "good kids with weird hair."

Saturday, April 16, 2005

Seattle City Light /North Service Center
1300 N 97th St.
2:30 pm to 4:00 pm

Sunday, April 17, 2005

Rainier Beach Community Center
8825 Rainier Avenue South
2:00 pm to 3:30 pm

Saturday, April 23, 2005

White Center Heights Elementary School
10015 6th Avenue SW
10:00 am to 11:30 am

Sunday, May 1, 2005

Seattle Labor Temple, Hall #1
2800 1st Avenue
2:00 pm to 3:30 pm

Congress of the United States
U.S. House of Representatives
Washington, D.C. 20515

Official Business



Congressman

Jim McDermott
Reports

Jim McDermott
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